



Fresh Connections

Complimentary Copy ~Heritage & Hospitality on Tap~ Summer 2013 more at www.parfittway.com

BAINBRIDGE ISLAND MERROIR

—
LIKE 'TERROIR' BUT
MORE WATERY
—

The French word "terroir" refers to the unique flavors and qualities that a growing region imparts on the products raised there. It's a phrase most often used by vintners, chocolatiers and coffee geeks to describe the area-specific notes that separate similar products sourced from different locales, but now oyster farmers are co-opting the phrase and making it their own.

The Port Madison Community Shellfish Farm (PMCSF), located on the Bloedel Reserve tidelands is Puget Sound Restoration Fund's (PSRF) Bainbridge farm. The PMCSF seeks to connect community members directly with the benefits of a healthy watershed by growing, harvesting and eating community grown clams and oysters... Bainbridge Island's Merroir. Growing shellfish has many environmental benefits, including improved water quality, species diversity and eelgrass growth. In fact, a single oyster can filter 20 gallons of water a day. Shellfish can be part of the solution to cleaning up Puget Sound. Like others involved in the local food movement PSRF believes this positive connection between you, your environment and your dinner plate is the key to active and enjoyable environmental stewardship.



Since the opening 2010 season, CSA membership has increased every year as more and more Bainbridge residents are building a connection to their marine resources and renewing their commitment to clean water and healthy shorelines. During the 2012 season PMCSF harvested 483 dozen oysters for 47 loyal CSA members and they'd like to grow even more.

PMCSF treats CSA members with five harvests between March and July of the delicious Port Madison Petites! Pass the word along to your family, friends and neighbors and be a part of this growing community of oyster lovers.

restorationfund.org

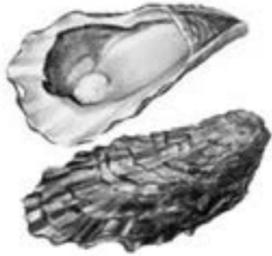


WASHINGTON CRANBERRIES & OYSTERS

WILLAPA BAY IN SOUTHWEST WA GROWS BOTH

A DELICATE BALANCE

LONG BEACH, WA – Located at the southwest corner of WA state above the mouth of the Columbia River, the Willapa Bay ecosystem — the estuary and the forested uplands whose fresh waters mix with the tidal surges of the bay — is the most productive coastal ecosystem remaining in the continental United States. One of every six oysters consumed in the United States grows on Willapa's tideflats. Pacific salmon, Dungeness crab, and several species of clams also abound in the bay. Nowhere in the Northwest do conifers grow faster, and cranberry bogs, cattle ranches, and dairy farms attest to the land's fertility.



Willapa's 19,000 year-round human residents depend on livelihoods rooted in the productive abundance of its lands and waters. Nearly two-thirds of the land in the Willapa Bay watershed is commercial forestland. Farms and irrigated lands together make up another seven percent, including the 1,700 acres of bogs in the Willapa area that account for virtually all of the state's harvest of cranberries. Oysters are cultivated on nearly 10,000 acres of privately owned or leased tidelands, and three species of Pacific salmon that return to spawn in Willapa's streams are caught by commercial fishermen in the open waters of the bay.

Oystering, the centerpiece of Willapa's tideland enterprises, actually enhances the diversity of the estuary. Oyster beds on the tideflats provide habitat for crabs,

OUR SOURING SEAS

As the carbon dioxide levels increase in the atmosphere, more and more carbon is being absorbed by marine waters. In fact, about one third of the carbon in the atmosphere gets absorbed by the ocean. When CO2 and salt-water mix, a carbonic acid is created which lowers the pH of seawater and reduces the amount of necessary carbonate ions many marine animals like oysters and clams rely upon to build their shells. The increasing acidification of ocean waters can have widespread effects from altering the marine food web to impacting local economies. PSRF is working with NOAA, University of Washington, Pacific Shellfish Institute, Baywayter, Inc. and Taylor Shellfish to investigate the local implications of ocean acidification on shellfish populations. To learn more about discussion surrounding ocean acidification visit:

<http://www.restorationfund.org/projects/ocean>



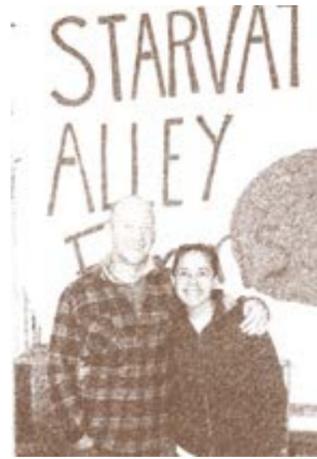
eelgrass, algae, and many marine invertebrates essential to a healthy ecosystem. Oysters also filter water as they feed, improving water quality for young fish in the shallows. Oystering suggests an ideal for sustainable enterprises: it profits while enhancing the diversity and productivity of the ecosystem as a whole.

Many of the people of Willapa Bay recognize that a healthy ecosystem goes hand in hand with a healthy local economy. Willapa is the kind of place where a sustainable local economy — one that harvests the abundance of an extraordinary ecosystem while maintaining its diversity and integrity — ought to be possible. Yet, recent years have been difficult ones for Willapa's communities. The four counties that share the ecosystem (Pacific, Grays Harbor, Lewis, and Wahkiakum) are among the most economically depressed in Washington state. Enter Starvation Alley Farm:

STARVATION ALLEY FARM

While at first blush, the name 'Starvation Alley' may seem a bit pessimistic for a farm, but according to Jessika Tantisook the nickname was given to their road back during the Great Depression. It was where many of the migrant farm workers lived and congregated. "We're honoring their hard work as well as the hard work still

being done for good food by using the name for our farm."



Jared Oakes & Jessika Tantisook

Jessika is part of a dual generation of partners working for the third year in transitioning 10 acres of cranberry bogs into a USDA certified organic farm... something that may have been attempted, but never achieved on the Long Beach Peninsula or in the state of Washington. Jared Oakes and Jared's parents, John and Debbie, form the rest of the partnership on bogs that were acquired next to John and Debbie's home.

While both Jessika and Jared have experience in organic farming, neither knew much about cranberries when they moved to the Peninsula to take over the bogs. Regardless, there was never any doubt that they needed to farm the bogs organically. Their common interest in the "Slow Food" movement has turned into a passion for helping it 'grow' through their efforts at bringing organic cranberries to market.

Ocean Spray has a growers cooperative that all the farmers on the Long Beach Peninsula belong to except two... Starvation Alley and one other. Pushing cranberries since 1930, Ocean Spray is the largest distributor of cranberry products in the US. But in spite of its prominence, Ocean Spray does not currently offer organic cranberry products.

Starvation Alley found breaking away from the cooperative was necessary so that they could see a better return on their efforts. Compared to Ocean Spray cooperative farmers earning 60 cents per pound, organic cranberries can earn closer to \$3 per pound.

Starvation Alley has been pressing and bottling its juice as "Cranberry for Concoctions". It is known for what it isn't... it's not sweetened, it has no additives including water or other fruit juices, it is unpasteurized and only sold in the Pacific Northwest mainly to bars and restaurants and a monthly CSA.

Armed with an MBA in Sustainable

Business from Bainbridge Island's, Bainbridge Graduate Institute (BGI), Jessika has brought more than just herself to the family-run operation. Many of her classmates and friends from BGI have contributed work party hours to the farm's many projects. From helping with the harvest to building composting toilets and habitat for pollinators, to marketing and distribution consultations, their community of friends has been helpful.

BGI graduates Casey Dilloway, Rachel Maxwell and Alex Mondau, also have contributed themselves through their own venture, Community Sourced Capital (CSC). Through the unique lending program that CSC has developed, the farm was able to borrow \$12,000 for a new hydraulic juice press. Buying the juicer will save them from making monthly trips to use a press in Portland, 110 miles from the farm. It also could open opportunities for other farmers to follow Jared and Jessika in their organic farming efforts by providing an alternative local market.

The farm has received some support by the Washington State University (WSU) Long Beach Extension as well as the USDA Natural Resources Conservation Service too. Kim Patten, a one man team that comprises the WSU Long Beach Extension, has studied cranberries in the Long Beach region for 23 years. He sums up his opinion of Jared and Jessika by stating that "They are a delight to work with bringing an infectious enthusiasm that he quite admires. To bring about wholesale change, you need people like them."

Learn more at starvationalleyfarms.com



HARBOUR MARINA HOSTS FESTIVAL UNIQUELY BAINBRIDGE

The organizing committee of Bainbridge wooden boat enthusiasts lead by Bob Schoonmaker, owner of **The Chandlery** have committed their talents to creating another wooden boat party. The first was held in June of 2011 and was an amazing success. 2013's festival promises boats that were not in the 2011 show. To qualify for inclusion in the event a boat or owner must be from Bainbridge Island. "This keeps the event to a manageable size and it gives the festival a uniquely local flavor that both the participants and the visiting public seem to really enjoy," claims Schoonmaker. During May, June & July also enjoy the Pub's art show of photos of the famed Neil Rabinowitz, also a member of the organizing committee.



Ambrose F. Grow

Ambrose Grow and his wife, Amanda, and their family came to Eagle Harbor in 1881. He was a Civil War veteran and came because of the descriptive letters he had read in the New York and Kansas papers telling of the virtues of Bainbridge Island. Selling his large farm in Manhattan, Kansas, he homesteaded 160 acres here along the waterfront. In addition to being a charter member of the Eagle Harbor Congregational Church and the Madrone Schools, he was a prolific correspondent to the happenings in Eagle Harbor and environs.



The Grow Family Homestead
Still stands today as home to Harbour Public House



BAINBRIDGE'S NEIGHBOURHOOD PUB

231 parfitt way sw, on the waterfront, 206.842.0969



SINCE 1991



FARMERS CLOSE TO HOME

Our vision is regional – regional, organic, and sustainable. The products supplied by our local, farmer-owned farms are important to our collective survival. In addition, by supporting organic farmers regionally, it gives you, our customer, lots of delicious, high-quality, fresh products. Regional, organic production builds the local economy and allows rural communities to protect the environment in which their children are raised. It wasn't that long ago that two corporate-anonymous tractor trailers supplied our foodstuffs. Last year for every dollar we spent on food products, over 50 cents was paid to locally-owned farms – many on-island – where more often than not the farmer him or herself makes the delivery. Relationships matter!

GREENS & SALADS

- NW FARRO SALAD** \$11.95
Emmer Wheat (the oldest cultivated grain in the world) served warm with sautéed vegetables With a red wine vinaigrette over fresh organic Palouse spinach Topped with goat cheese
- SPINACH SALAD** \$13.95
Organic Palouse spinach topped with roasted spiced apples, shaved red onion, toasted Oregon hazelnuts & crumbled Willapa Hills® Farmstead Blue cheese Choice of dressing
- SMOKED SALMON TARTINE** \$10.95
Pub-smoked, Pacific wild salmon, goat cheese, capers & red onion served on fingers of grilled organic whole wheat sourdough bread On a bed of organic salad greens
- PUB FAVOURITES SALAD** sm \$6.95 lg \$9.95
Fresh Butler Green Farms® organic greens & vegetables with your choice of dressing See Additions Below
- PUB CAESAR SALAD** sm \$5.95 lg \$7.95
Crisp organic romaine lettuce tossed with traditional Caesar dressing made with garlic, lemon, anchovies & olive oil, with Pub-made garlic croutons & parmesan See Additions Below
- SALAD ADDITIONS** (price added to price of salad)
 - Roasted & pulled Ranger® Free-Range Chicken \$4.95
 - Roasted & pulled BBQ Natural Pork® \$4.95
 - Salmon filet, Peppered Cod, Smoked Salmon \$7.95
 - Grilled Marinated Portabella Mushroom \$4.95
 - Bob's® Vegetarian Pecan Patty \$6.95
 - Two Pane D'Amore® bread rolls & butter \$1.50
 - Udi's® Gluten Free Burger Bun & butter \$1.50

SOUP BOWLS

- RIBOLLITA** \$11.95
A hearty Tuscan bread soup made of tomatoes, garlic, mushrooms, zucchini, spinach, white beans & vegetable broth Ladelled over a thick slice of grilled rustic organic bread Served with a side Caesar
- SOUP OF THE DAY** bowl \$6.95 cup \$5.95
Made fresh & served with a Pane D'Amore® bread roll

BAR FOOD

- FLASH FRIED CALAMARI** \$10.95
Rings & tentacles dusted, deep-fried & served with our pesto aioli
- OYSTER SHOOTER*** \$2.50
A single plump Goose Point® in a shot glass with cocktail sauce
- OYSTER SLIDERS** \$6.95
A single plump Goose Point® battered & fried Served on a Pane D'Amore® mini-bun with our tartar sauce Standard order of 2
Each Additional Slider: \$3.00
- PULLED BBQ PORK or BBQ CHICKEN SLIDERS** \$6.95
Order of two with Pub-made BBQ sauce, cheddar cheese & cole slaw on Pane D'Amore® burger mini-buns Standard order of 2
Each Additional Slider: \$3.00
- GARDEN GREEN GARBANZOS** \$4.95
Palouse Green Chickpeas blanched with star anise & Kosher salt
- GARDEN GREEN HUMMUS** \$6.95
Green chickpeas, tahini & roasted garlic Served with fresh veggies & Pane d'Amore® baguette crisps
- SMOKED SALMON SPREAD** \$7.95
Pub-smoked Sockeye with Willapa Hills Sheep Yogurt Cheese Dip Served with Pane d'Amore® baguette crisps
- PUB QUESADILLA** \$11.95
Shredded roasted free-range chicken or pulled Natural pork between two whole wheat grilled flour tortillas With chipotle glaze, melted cheddar & black bean aioli Topped with pico de gallo, sour cream & sliced avocado
- PUB NACHOS** \$7.95
Tortilla chips, cheddar, tomatoes, olives, green onions & Pub-made pico de gallo with sour cream
Add 1/2 Avocado \$2.00
Add shredded chicken or Natural pork \$4.95
or black beans \$2.95

Watch our chalkboards & social media for daily specials made from the freshest, nutrient-packed, local ingredients



We deep fry exclusively in trans-fat free Canola oil. Rather than landfill the waste oil, we recycle it.

read more about our farmers, suppliers and neighbors at parfittway.com/blog



The wheat gluten free designation means the menu item includes no wheat in its regular preparation. However, wheat flour is still used in our kitchen. For an extra \$1.50 you may also substitute Udi's® Gluten Free Burger Bun

BURGERS

PUB BURGER* PLATTERS

All are fresh, Pub-ground, Harlow Cattle Co.®, Grass-fed Beef, grilled to order & served on a Pane d'Amore® burger bun with lettuce, pickle relish & mayo Served with our Pub-cut fries fried in trans-fat free canola oil

- The Pub Original** with cheese, grilled onion & mayo \$14.95
- Swiss Melt** grilled mushrooms, caramelized onions & Swiss \$14.95
- The Works** bacon, grilled mushrooms & cheese \$15.95
- Bacon & Cheddar** 'nuff said \$15.95
- The Pub BBQ** Pub-made BBQ sauce, cheddar & bacon \$15.95
- The Black & Bleu** bacon, bleu cheese & grilled onion \$15.95

BOB'S PECAN PATTY® VEGGIE BURGER \$13.95

Locally produced patty of pecans, onions, cheese, eggs & bread crumbs topped with tomato, lettuce, On a fresh Pane d'Amore® burger bun Served with Pub-cut fries fried in trans-fat free canola oil

PORTABELLA VEGGIE BURGER \$11.95

A whole grilled & marinated mushroom topped with tomato, lettuce, pesto aioli & melted mozzarella cheese On a fresh Pane d'Amore® burger bun Served with Pub-cut fries fried in trans-fat free canola oil

PUB BBB.L.T. \$12.95

Not really a burger, but enough bacon to eat like one! Six strips, (yes six!) of smokey Montana bacon on toasted organic whole wheat sourdough with lettuce, tomato & mayo Served with either a cup of soup or a side salad with choice of dressing

A.L.T. Substitute Fresh Sliced Avocado for the Bacon

Looking for that **Skinless Boneless Chicken Breast**? Well, like our beef, pork and fish buying practices, we primarily buy whole chickens too – on the hoof or on the fin, as it were. Only two breasts come on any chicken... so, if we are out, we're sorry. By purchasing whole animals we can better manage the nutrient level of our food and not encourage unhealthy farming practices.

* The Health Department warns that consuming raw or undercooked meats may increase your risk of foodborne illness

- SUBSTITUTE YAM FRIES** \$1.25
- SUBSTITUTE SIDE SALAD OR SOUP FOR FRIES** \$2.50

POUTINE

- CLASSIC MONTRÉAL** \$9.95
The Canadian classic prep of a plate of our fries topped with Mt. Townsend Creamery® Cheese Curd smothered in Pub-made beef or chicken gravy
- BOURGUINONNE** \$13.95
Ground beef, sautéed mushrooms & caramelized onions in Pub-made beef gravy over a plate of Pub-cut fries w/ Mt. Townsend Creamery® Cheese Curd
- VANCOUVER** \$12.95
Roasted chicken with bacon pieces & Pub-made chicken gravy over a plate of Pub-cut fries with Mt. Townsend Creamery® Cheese Curd
- SWEET PAPAS** \$9.95
Pepper seasoned yam fries with black beans, melted pepperjack cheese, mango salsa & sour cream

LOCAL SEAFOOD

- PAN FRIED OYSTERS** \$13.95
Five plump Goose Point® oysters lightly panko breaded, panfried & served with lemon, tartar sauce Pub-fries & cole slaw
- OYSTER SANDWICH** \$11.95
Three plump Goose Point® oysters, lightly panko breaded & pan fried Served on a Pane D'Amore® burger bun with lettuce, tomato & tartar sauce With Pub-cut fries
- ASIAN SALMON BOWL** \$16.95
Charbroiled wild sockeye filet served over organic brown rice, fresh organic spinach & warm Asian slaw with our ginger vinaigrette
- GRILLED SALMON SANDWICH** \$15.95
Wild sockeye filet charbroiled Served on a Pane D'Amore® burger bun with lettuce, tomato & our Pub-made tartar sauce With Pub-cut fries
- FISH AND CHIPS** \$12.95
Consistently voted Bainbridge's favourite! Pub-made beer-batter dipped Pacific cod Served with traditional Pub-cut fries fried in trans-fat free canola oil, cole slaw, lemon & Pub-made tartar sauce
- STEAMED CLAMS** \$13.95
Steamed Baywater® Salish Blue clams in white wine & lots of garlic Served with Pane D'Amore® bread rolls
- PUB CLAM CHOWDER** \$13.95
A New England Classic using local, in the shell, Baywater Salish Blue clams, potato, onion, bacon & cream Sautéed to order with white wine & Garnished with a traditional pat of butter
OR TRY SUBSTITUTING OUR HOUSE SMOKED SALMON

WASHINGTON BAKERS

- PUB-BAKED RUSSET POTATO**
 - One large WA baker with butter & sour cream \$3.95
 - Add: Roasted & pulled Ranger® Chicken & Gravy \$4.95
 - Roasted & pulled Natural® Pork & BBQ Sauce \$4.95
 - Chicken or Beef Gravy from our own stock \$1.50
 - Beef Bourguinonne \$9.95
 - Sautéed Market Vegetables Mkt
 - Garden Green Garbanzo® Hummus \$1.95
 - Mt. Townsend Creamery® Cheese Curd \$1.95
 - Pico de Gallo \$0.95

VISA, MASTERCARD, DISCOVER, AMERICAN EXPRESS & COLD HARD CASH ALWAYS ACCEPTED, NO PERSONAL CHECKS For parties of 8 or more 20% service charge automatically included